

Snow & Ice Play



Play and children's physical activity

Physical activity, through play and other activities, is important for **children's physical health** as well as their **mental health** and **cognitive development**. There is also some evidence that if children are physically active when they are young they are more likely to **adopt healthy lifestyles** as they grow up.

Active play is the most common form of physical activity for children outside of school and children get more exercise from play than from time spent at clubs and organised activities. Children who walk and play a lot tend also to exhibit greater levels of activity in other areas of their lives. The aspects of physically active play most enjoyed by children include choice, fun, friends, achievement and the possibilities of competition. The element of fun tends to be the over-riding factor in encouraging physically active play.

It is easier for children to be physically active outdoors, where there is space and opportunity for them to move more freely. In Scotland, this may well mean playing outside in all weathers and even the dark.

Active outdoor play is essential for our children and young people to understand, value, enjoy and protect our natural world.



1 Potato Head snowman

Using the items from your Mr Potato Head, make a snow/ice ball and use this instead of the potato.

2 Playing with sticks and stones

Build a snowman, or any shape and using sticks and stones, see what face and shapes you can make.

3 Can you build

- A snowman
- A snow fort
- An animal – a caterpillar is good as you can make this out of lots of small snowballs, then add some twigs for the antennas!

4 Snow detective

- Get you and your friends to make footprints in the snow, can you tell whose footprints are whose?
- Can you track an animal print?
- Can you find a bird footprint?

5 Make your own sledge

You don't need to buy a sledge, you can make your own!

You could use:

- Cardboard
- Tarpaulin
- Large baking tray

6 Pin the nose on the snowman

You will need:

- Snow
- Carrot
- Blindfold

Build a snowman and take in turns to place the blindfold on and see who can pin the nose on the snowman!



7 Paint the snow

You will need:

- A spray bottle or water pistol
- Food colouring
- Water

Mix the food colouring with the water and then use it to spray on the snow. See what patterns this can make.

You can also use a turkey baster or an empty plastic bottle and pierce the lid, instead of a spray bottle.

You could use different colours and paint a rainbow!



8 Ice bubbles

Using your own bubble mixture, if the temperature drops below freezing, blow these and see if they freeze on the stick.

9 Ice balloons

You will need:

- Balloons
- Water
- Food colouring

Add a few drops of food colouring inside an empty balloon.

Slowly fill the balloon with water.

Hold steady then knot balloon at neck.

Leave outside in the freezing cold overnight.

Once frozen, cut the balloon off carefully and you are left with ice balloons.

Now they are ready to play with!

10 Knots and crosses

Make a knots and crosses board on the snow.

Knots – find some stones or pine cones

Crosses – find sticks and twigs

Play knots and crosses.

11 Snow/Ice moulds

Using your baking or sandpit moulds put snow or ice into these. **Can you build a tower? Make a house?**

12 Snowball toss

Draw a circle in the snow. Make lots of snowballs. Stand back and see if you can toss your snowball into the circle.

You can also use some food coloring to make the circle a target and see if you can hit the colours.

13 Sensory snow fun

You will need:

- Ice cube tray/plastic tray
- Nature items
- Water

Go for a playful walk in the snow and see what nature items you can find.

Can you find:

- Berries
- Leaves
- Holly
- Pinecones

Once home, clean the items and place these into the trays and then fill with water. Put the trays in the freezer.

Once frozen, you can excavate the nature items with a spoon.

Note: please ensure berries are not eaten.

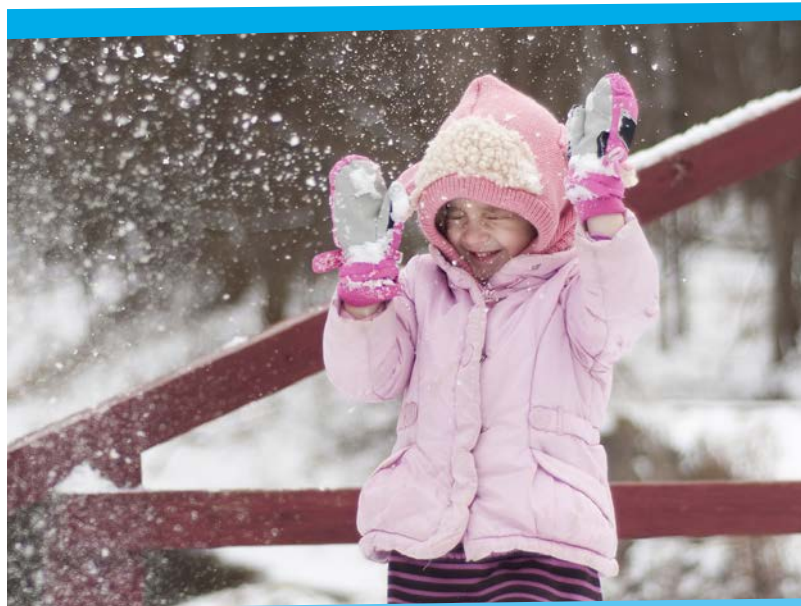
14 Mini ice cube igloo

You will need:

- Ice cube tray
- Food colouring
- Ice or water

Fill the ice cube tray with ice/water and then add in food colouring. Try a different colour for each 'brick'.

Once frozen, pop out the bricks and build your own mini igloo.



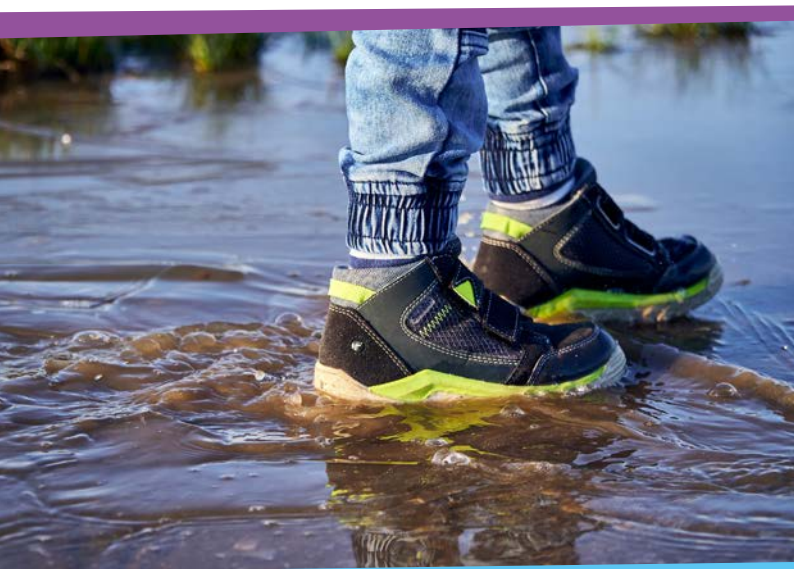
15 Make a snowball lantern

You will need:

- Snowballs
- Battery operated tea light or glow sticks

Make lots of small snowballs. Stack these igloo-style. When it's dark, add the tea light or glow sticks in the middle.

Now you have your very own snowball lantern.



16 Snow drawing

Using a fallen stick or a twig, can you draw a picture in the snow?

You can also see what shapes these make if you go a walk in the snow and drag the stick/twig behind you.

17 Crack the puddle

Find a shallow frozen puddle, then jump on it until it cracks. **Watch you don't slip or fall.**

18 Catch a snowflake

Can you catch a snowflake...

- on your tongue;
- in your hand;
- on your foot

Play Scotland is the lead organisation for the development and promotion of children and young people's play in Scotland. We work strategically to make the child's right to play a reality so that all children can reach their full potential and be able to confidently inhabit an inclusive public realm, as well as help shape child friendly communities.

Further information

For playful resources visit

www.playscotland.org/parents-families

Also, keep up to date on our website and social channels



Produced by Sammy Wyeth as part of the
#101waystoplay campaign

Committed to PLAY



Taic do Chluiche



Play Scotland
Rosebery House, Level 1
9 Haymarket Terrace, Edinburgh EH12 5EZ
T: 0131 313 8859 E: info@playscotland.org



Company Number: SC197785, Scottish Charity Number: SC029167.
Registered at the above address.